



MILDENHALL RURAL DISTRICT COUNCIL.

WEST SUFFOLK.

R E P O R T
OF THE
MEDICAL OFFICER OF HEALTH
FOR THE YEAR
1946.

ROBERT H. CLAYTON, M.B., B.S., B.HY., D.P.H.

ANNUAL REPORT

of the

Medical Officer of Health for the Rural District
of Mildenhall in the County of West Suffolk for the
year ending 31st December, 1946.

Public Health Offices,
8, Whiting Street,
Bury St. Edmund's.

August, 1947.

To:-

The Chairman and Members of the
Rural District Council of Mildenhall.

Mr. Chairman and Gentlemen,

Herewith I beg to submit for your favourable
consideration my eleventh Annual Report as Medical Officer
of Health, being that for the year ended 31st December, 1946.

I am, Mr. Chairman and Gentlemen,

Your obedient servant,

ROBERT H. CLAYTON,

Medical Officer of Health.

Public Health Officers of the Authority.

- (a) Medical - One part-time Medical Officer of Health,
Robert H. Clayton, M.B., B.S., B.Hy.,
D.P.H. (Durham). Cert. Mental Deficiency
and Allied Subjects (London), appointed
in 1936.

This Officer does not engage in private practice but
holds in addition the following appointments:- Medical
Officer of Health, Newmarket U.D.C., Cosford R.D.C.,
Thedwastre R.D.C., and Thingoe R.D.C.

- (b) Others - One Sanitary Inspector,
H. W. Trotter, Cert.R.S.I., M.S.I.A.,
Meat and Other Foods Certificate, R.S.I.,
appointed in 1934, also Building Surveyor.

SECTION A.

STATISTICS AND SOCIAL CONDITIONS OF THE AREA.

1. GENERAL STATISTICS.

Area	86,759 acres.
Registrar General's estimate of the resident population mid-year	12,690.
Number of inhabited houses at end of year according to Rate Book.	3,638
Rateable Value	£52,757
Sum represented by a Penny Rate	£203

2. EXTRACTS FROM VITAL STATISTICS FOR THE YEAR.

<u>Live Births.</u>	<u>Total.</u>	<u>Male.</u>	<u>Female.</u>
Legitimate	223	117	106
Illegitimate	27	17	10

Stillbirths.

Legitimate	9	3	6
Illegitimate	2	1	1

<u>Deaths.</u>	149	71	78
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<u>Birth Rate per 1000 population.</u>	Mildenhall 19.7	England & Wales 19.1
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<u>Stillbirth Rate per 1000 population.</u>	" 0.87	" " " 0.53
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<u>Stillbirth Rate per 1000 total (live & still- births).</u>	" 42.1
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<u>Death Rate per 1000 resident population.</u>	" 11.7	" " " 11.5
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Death Rate of Infants
under 1 year.

All infants per 1000 live births.	" 36	" " " 43
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Legitimate Infants per 1000 legitimate births.	" 40
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Illegitimate infants per 1000 illegitimate births.	" Nil
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9 deaths of infants under 1 year occurred, (7 males and 2 females all legitimate), no death from Maternal Causes (Headings 29 and 30), 15 deaths from Cancer, no deaths from Measles or Whooping Cough and one death from Diarrhoea (under 2 years) were recorded.

On the following page is a table giving the causes and the number of deaths occurring at the various age groups. The totals correspond with the Registrar General's figures.

The deaths are classified under the headings given in the New Abridged List of Causes, as used in England and Wales and Northern Ireland, as set out on Page XXXIX of the Manual of the International List of Causes of Deaths - 1938.

CAUSES OF DEATHS.

Deaths at the sub-joined ages of "RESIDENTS"
whether occurring in or beyond the District.

	Under 1 Year		1 and under 5		5 and under 15		15 and under 25		25 and under 45		45 and under 65		65 and Up- wards.		Total Registrar General's figures.	
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.
6. Pulmonary Tuberculosis.	-	-	-	-	-	-	-	1	-	1	-	-	-	-	-	2
8. Syphilitic Disease.	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1
9. Influenza.	-	-	-	-	-	-	-	-	-	-	1	1	1	1	2	2
14. Cancer of stomach and duodenum.	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1	-
15. Cancer of Breast.	-	-	-	-	-	-	-	-	-	-	-	-	-	2	-	2
16. Cancer of all other sites.	-	-	-	-	-	-	-	-	-	1	2	2	5	2	7	5
17. Diabetes.	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1
18. Intra-cranial vascular lesions.	-	-	-	-	-	-	-	-	-	-	3	1	8	8	11	9
19. Heart Disease.	-	-	-	-	-	-	-	-	-	-	1	2	16	20	17	22
20. Other diseases of the circulatory system.	-	-	-	-	-	-	-	-	-	-	-	-	2	1	3	1
21. Bronchitis.	-	-	-	-	-	-	-	-	-	-	-	-	2	3	2	3
22. Pneumonia.	2	-	1	1	-	-	-	-	-	1	-	1	-	1	3	4
24. Ulceration of the stomach or duodenum.	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1
25. Diarrhoea (under 2 years of age).	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-
26. Appendicitis.	-	-	-	-	-	-	-	-	-	-	1	-	1	-	2	-
27. Other digestive diseases.	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	1
28. Nephritis.	-	-	-	-	-	-	-	-	-	-	-	-	1	3	1	3
31. Premature Birth.	1	1	-	-	-	-	-	-	-	-	-	-	-	-	1	1
32. Congenital malform- ations, birth injury, infantile disease.	2	-	-	-	-	-	-	-	-	1	-	1	-	-	2	3
33. Suicide.	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1
34. Road Traffic Accidents	-	-	-	-	-	-	-	-	1	-	2	-	-	-	3	-
35. Other violent causes.	-	-	-	-	-	-	-	-	-	-	1	-	-	-	1	-
36. All other causes.	1	-	-	1	-	1	-	2	1	-	1	1	11	11	14	16
Males.	7		1		-		-		2		13		48		71	
Females.		2		2		1		3		5		10		55		78

The following comments are offered concerning the number and age distribution of deaths during 1946 as recorded in the table on the previous page.

Three	deaths	occurred	on	the	first	day	of	life
Three	"	"	"	in	"	"	week	of
Two	"	"	"	"	"	"	three	months
One	"	"	"	"	"	"	four	"

These nine deaths of infants before one year of age were associated with Prematurity, Congenital Malformations or Birth Injury and could, from birth, be regarded as inevitable, with the exception of the eldest child, and here the cause was related to incorrect feeding.

The four deaths of children aged 2 years, 3 years, 7 years and 1½ years were from progressive disease, with the exception of the 1½ year old child whose Broncho-Pneumonia might be related to its very poor housing conditions.

The remaining deaths in the nonage were of two young ladies aged 19 years, one cause being Infective Jaundice and the other Tetanus introduced through a finger injury.

Only four other deaths occurred before age 40 years, being ladies aged 24 and 29 years (Pulmonary Tuberculosis), a lady aged 28 years (Cancer) and a male aged 34 years (Road Accident).

Of the total 149 there were 103 (69%) at age 65 years or over, the numbers of these in each decade being:-

	<u>Male.</u>	<u>Female.</u>
Age 65 to 69 years	11	8
" 70 to 79 years	19	31
" 80 to 89 years	16	12
" 90 to 99 years	<u>2</u>	<u>4</u>
	48	55

Of the 149 total deaths 98 took place at the home of the deceased, 3 occurred on the road, 2 in a nursing home and 46 in hospitals as follows:-

West Suffolk (General) Hospital,	Bury St. Edmunds.	14
St. Mary's (P.A.C.)	" " "	23
Addenbrookes (General)	" Cambridge.	3
White Lodge (E.M.S.)	" Newmarket.	2
St. Audry's (Mental)	" Melton.	4

The Table on the following page allows comparisons of 1946 with each of the years 1936 to 1945 and also with the annual average for that decade.

1946 shows

	<u>On 1936</u>	<u>On Decade</u> <u>1936 to 1945</u>
Rateable Value	39% Increase	11% Increase
Product of ld. rate	22% "	4% "
Houses inhabited	7% "	1% "
Population	3% "	1% Decrease
Deaths	14% Decrease	5% "
Total Births	36% Increase	13% Increase
Illegitimate Births	237% "	125% "

Year.	Rateable Value.	Penny Rate Product.	No. of inhabited houses.	Registrar-General's Estimate Population.	Total Deaths.	Deaths under one year.		Births.		Stillbirths.	
						Legitimate.	Illegitimate.	Legitimate.	Illegitimate.	Legitimate.	Illegitimate.
1936.	£38,063	£167	3,406	12,290	174	8	Nil	176	8	9	Nil
1937.	£42,904	£174	3,507	12,370	165	14	Nil	221	7	7	Nil
1938.	£43,405	£174	3,500	12,440	134	6	Nil	170	5	7	Nil
1939.	£44,038	£188	3,528	12,700	140	7	Nil	185	5	6	Nil
1940.	£45,912	£191	3,968	12,970	171	11	Nil	197	5	5	1
1941.	£49,422	£206	3,623	13,410	168	5	Nil	209	15	7	1
1942.	£53,231	£221	3,628	12,660	162	10	1	265	11	4	1
1943.	£57,789	£241	3,627	12,820	144	7	Nil	206	10	4	Nil
1944.	£53,814	£208	3,625	13,370	146	13	Nil	247	18	6	2
1945.	£52,014	£190	3,631	12,980	163	9	Nil	227	36	3	1
DECADE TOTALS.	-	-	-	-	1,567	90	1	2,103	120	58	6
ANNUAL AVERAGE DURING DECADE.	£48,059	£196	3,604	12,801	157	9	Nil	210	12	6	0.6
1946.	£52,757	£203	3,638	12,690	149	9	Nil	223	27	9	2

1936
1945

SECTION B.

GENERAL PROVISION OF HEALTH SERVICES IN THE AREA.

(a) LABORATORY FACILITIES. The Emergency Public Health Laboratory at Cambridge continued to provide these facilities throughout 1946.

(b) AMBULANCE FACILITIES. Red Cross Society Ambulances for general cases, Newmarket R.D.C. Ambulance for infectious cases, and the County Council Ambulance for Scabies Cases, were available in 1946 and dealt promptly with all calls made upon them.

(c) NURSING IN THE HOME. This work was carried on by nurses of the local Nursing Associations residing in the villages of Brandon, Icklingham, Mildenhall, Lakenheath, and Moulton, whilst some parishes on the periphery were served by the nurse residing at Barrow.

(d) CLINICS AND TREATMENT CENTRES. } These continued as in the
(e) HOSPITALS. } previous year.

SECTION C.

SANITARY CIRCUMSTANCES OF THE AREA.

1. (i) WATER. There are six piped supply schemes in the Rural District, of which three are owned by the Rural District Council (Mildenhall, Moulton and Brandon), one by the Forestry Commission (Santon Downham), one by the (non-statutory) Higham Supply Co., Ltd., and one privately (Elveden).

The schemes consist of wells and boreholes, storage tanks and distributing mains. They serve 1,969 houses (representing 54% of the houses in the area) with a tap supply - there are only 2 standpipes in the District, one at Freckenham and one at Moulton, which together serve some 20 houses.

Considering the fairly comprehensive system of mains in the Rural District the figures of houses served are disappointingly low, but the war interfered with the process of connecting up, as two of the Rural District schemes were not completed until 1938/9. During 1946 there were 120 new connections to the piped mains made and this resulted in 138 houses obtaining a water tap supply.

Early in January 1946 consent was received from the Minister to go forward with the Sedge Fen and West Row Fen extension schemes, and by the end of the year that of Sedge Fen (for approximately 50 houses) was nearing completion, when the West Row Fen (for approximately 40 houses) was to follow immediately. Our Consultant Engineers' (Messrs. Wilcox & Simpson) plans for extensions to make the piped water supplies comprehensive in the District were prepared and forwarded to the Minister during the year.

The average daily output during December 1946 from the Mildenhall (Eriswell Pumping Station) was 118,000 gallons, Moulton 34,000 gallons and Brandon 65,000 gallons.

All 20 samples submitted to bacteriological examination from the Council's supplies during the year were satisfactory. Of the 16 samples taken from privately owned sources only 3 were satisfactory, 3 being classified as suspicious and 10 unsatisfactory. Warning notices to boil all water before use were given where necessary, and 3 of the proved unsatisfactory supplies were replaced by a supply from the Council's Mains.

(ii) DRAINAGE AND SEWERAGE. A Ministry of Health enquiry into the proposed sewerage Scheme for the parish of Brandon was held in February 1946, and in September consent was given to go to tender. Three tenders only were received and sent forward to the Minister for consideration. Steps are being taken to acquire the land required for the sewerage works.

Preliminary plans for Sewerage Schemes for Mildenhall and Lakenheath are prepared, but, owing to the price difficulty, have not yet been sent to the Minister as already it has been decided to postpone for 18 months, on the grounds of excessive cost, the scheme for Brandon. In the meantime difficulties are continually arising in connection with the disposal of waste water. New drains and cesspools have been constructed in connection with 40 premises, but as recorded in the previous section, 138 houses have received a piped water supply.

Of the 500 cesspools in the area which are cleared by the Council's Mechanical Cesspool Emptyer, as and when required, 421 were cleared during 1946. Of this number 139 were dealt with free of charge under the Council's Scheme.

2. RIVERS AND STREAMS. The works of the Drainage Boards have from an agricultural point of view, and in many cases, from a bacteriological standard, improved the condition of rivers and streams in the area, but it was still considered very necessary to repeat warnings previously given as to the risks attendant upon the use of various popular places for swimming. The provision of public swimming baths, especially for the youth of the district, is a project recognised as highly desirable, although not for immediate fruition.

3. (i) CLOSET ACCOMMODATION. A weekly clearance of pail closets was continued in the parishes of Mildenhall, Brandon and Lakenheath, where the numbers dealt with were 200, 430 and 210 houses respectively, a total of 840 houses. A further 710 houses have at various times since the Council acquired facilities in 1941 made use of the Council's Cesspool Emptyer. There remains out of the 3,638 inhabited houses in the district, 2,088 (57%) houses where the inhabitants make their own arrangements for the disposal of pail closet contents and in a small percentage of vault closet contents, whilst a few, who have not used the Council's Scheme since 1941, apparently rely upon leaking cesspools. It would be a great convenience, and possibly a valuable public health measure if these services could be much wider available, or if sewerage schemes could be completed.

During the year 5 earth closets and 1 vault closet were converted to the water carriage system; in addition, 30 new additional water closets and 3 earth closets were constructed.

(ii) PUBLIC CLEANSING. Although a few isolated houses in the Fens are excluded, one can say that for practical purposes every house in the District enjoys the refuse collection service which is afforded weekly in Mildenhall, Brandon and Lakenheath, and monthly throughout the remainder of the District. The Council, consequent on voluntary arrangements having ceased, have taken over the collection of waste paper -- comparative figures of tonnage in the area during the last 4 years are as follows:-

1943	..	..	..	..	..	63 tons of paper
1944	..	..	..	..	..	44 tons of paper
1945	..	..	..	..	..	56 tons of paper
1946	..	..	..	..	..	20 tons of paper

(iii) SANITARY INSPECTION OF THE AREA. The following statement has been supplied by Mr. Trotter.

	<u>Number of Inspections.</u>
Inspection of houses under Public Health and Housing Acts	974
Council-house management	90
Buildings under Building Bye-laws	158
Tents, vans and sheds	46
Factories and workshops	23
Shops	11
Schools	9
Cowsheds	47
Disinfections, Disinfestations & Infectious Diseases	25
Nuisances investigated	30
Public conveniences	40
Drainage, closets and cesspools	104
Salvage	3
Water Samples	36
Milk Samples	1

114 informal notices were served during the year and 86 were completed.

2 Statutory Notices were outstanding at the beginning of the year

18 Statutory Notices were served during the year and of these 16 were completed by the owners and 2 by the Council in default of the owners.

2 Statutory Notices were outstanding at the end of the year.

Factory Act, 1937. 23 visits of inspections were made to factories and workshops. Structural alterations to Sanitary Conveniences were called for in 3 cases. Two of these were completed.

(iv) SHOPS AND OFFICES. During the year 91 inspections were made and as a result an office was provided with a sanitary convenience.

(v) CAMPING SITES. 46 inspections were made of camping sites, of which there are 14 in the district. No action was found necessary.

(vi) SMOKE ABATEMENT. No action necessary.

(vii) SWIMMING BATHS AND POOLS. There are no publicly owned swimming baths in the District - the desirability of providing such facilities has already received comment.

(viii) ERADICATION OF BED BUGS. 9 privately owned dwelling houses were disinfected by the use of "Lawvecide" applied by spray by the Council's officer.

(ix) RAT DESTRUCTION. The Council adopted the Ministry of Food's scheme for rat destruction whereby the Ministry pay 60% of the cost, the Council bears the remaining 40% and rat destruction is carried out in private dwellings free of cost to the householder. 798 bodies were found after the Council's operator had laid poison bait, but from the amount of bait taken it is estimated that the actual kill was some 7,000 rats.

4. SCHOOLS. Nine inspections were paid to schools. A piped water supply from the Council's Mains was obtained for the school and school house at Dalham.

SECTION D.

HOUSING.

1. (1) (a) Total number of houses inspected for defects under Public Health or Housing Acts	695
(b) Number of inspections made for the purpose	974
(2) (a) Number of houses (included under sub head (1) above) which were inspected and recorded under the Housing (Consolidated) Regulations 1935	-
(b) Number of inspections made for the purpose	-
(3) Number of dwelling houses found to be in a state so dangerous or injurious to health as to be unfit for human habitation	-
(4) Number of dwelling houses (exclusive of those referred to under the preceding sub head) found not to be in all respects fit for human habitation.	114
(5) Number of houses demolished during the year as the result of previous Demolition Orders	2

2. Remedy of Defects During the Year without service of Formal Notice.

Number of defective dwelling houses rendered fit in consequence of informal action by Local Authority or their Officers:-

By Owners	90
By Council	2
Number of houses completely reconditioned by owners (exclusive of above) as shown by licences granted	12
Number of additional family units or flats provided as the result of conversions or change of user	
By Owners	13
By Council	11
Number of new houses completed and occupied during the year	
By Owners	36
By Council	Nil

3. Action under Statutory Powers during the Year.

Number of dwellings rendered fit as the result of service of Statutory Notices	9
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4. Housing Act, 1936, Part IV. Overcrowding.

Correct information regarding overcrowding in the District is not yet available.

The progress made in the provision of new houses during the year is indicated by the housing position at the end of 1946,

which was:-

Council Houses.

Houses under construction

(i)	Up to damp course level	16
(ii)	Up to eaves level	-
(iii)	Roofed	2
(iv)	Plastered	-

Private Houses.

Completed and Occupied	36
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SECTION E.

INSPECTION AND SUPERVISION OF FOOD.

(a) Milk Supply.

Number of registered Cowkeepers.	92
Number of Retailers who do not keep cows in the area	5
Number of visits of inspection	47
Number of new dairies erected	3
Number of new cow sheds	1
Number of cow sheds and dairies in which structural improvement called for	6
Number in which sterilizers first installed	1
Number in which milking machines first installed	2
Number at which lime washing was called for	5

(b) Meat and Other Foods.

Centralised slaughtering has taken regular killings out of the District.

During 1946 the undermentioned food was condemned as unfit for human consumption:-

Beef	35 lbs.
Imported meat (canned)	9 cans.
Fish (canned)	14 cans.
Soup (canned)	6 cans.
Vegetables (canned)	32 cans.
Milk (canned)	178 cans.
Milk (powdered)	2 cans.
Cheese parings	55 $\frac{1}{4}$ lbs.
Bread	54 loaves.
Cereals	22 pkts.
Rolled oats	82 lbs.
Egg Substitute	11 doz.
Mincemeat	1 lb.
Pickles	1 lb.
Fruit (canned)	1 can.
Jam	12 lbs.
Confectionery	5 lbs.
Sugar	6 $\frac{1}{2}$ lbs.
Butter	12 ozs.

Where possible the condemned food was utilised for animal feeding purposes.

- (c) Adulteration etc.

(d) Chemical & Bacteriological Examination.
- No change.
- (e) Nutrition.

Rural District dwellers are at a disadvantage with urban dwellers in opportunity to procure additional meals at Cafes, British Restaurants, etc., but note should be made of the splendid efforts of the Meat Pie Scheme which, by van, distributed for sale throughout the District much appreciated Meat Pies and Sausage Rolls. The numbers sold in the District were:-

In the year ending March 31st,1945,Meat & Sausage Rolls,	230,606
" " " " " " 1946 " " " "	195,212
" " " " " " 1947 " " " "	375,168

- (f) Shell-fish (Molluscan)

(g) Water Cress.
- No change.

SECTION F.

PREVALENCE OF & CONTROL OVER INFECTIOUS AND OTHER DISEASES.

The following table shows the number of Infectious Diseases among the civilian population during the year. These are the final numbers after corrections subsequently made either by the Notifying Medical Practitioner or by the Medical Superintendent of the Infectious Diseases Hospital.

ALL NOTIFIABLE DISEASES (other than Tuberculosis) DURING 1946.

				Scarlet Fever.		Whooping Cough.		Measles.		Pneumonia.		Ery-sipelas.		Ophthalmia Neonatorum	
TOTAL				M. 5	F. 4	M. 2	F. 6	M. 1	F. 2	M. 3	F. -	M. -	F. 1	M. -	F. 1
Age	0 to under	1		-	-	1	-	-	-	-	-	-	-	-	1
	1 " "	3		-	-	-	1	1	1	-	-	-	-	-	-
	3 " "	5		1	-	1	2	-	1	-	-	-	-	-	-
	5 " "	10		4	1	-	3	-	-	1	-	-	-	-	-
	10 " "	15		-	2	-	-	-	-	-	-	-	-	-	-
	15 " "	25		-	1	-	-	-	-	-	-	-	-	-	-
	25 " "	45		-	-	-	-	-	-	2	-	-	1	-	-
	45 " "	65		-	-	-	-	-	-	-	-	-	-	-	-
	65 and over			-	-	-	-	-	-	-	-	-	-	-	-

201 children (174 age 0-4 years and 27 age 5-14) completed Diphtheria Immunisation during 1946. 136 children previously immunised were given a Secondary or Reinforcing Injection. At the end of the year it was estimated that 57% of the children under 5 years of age and 92% of children between 5 and 15 years had completed the Diphtheria Immunisation Course.

T U B E R C U L O S I S.

NEW CASES AND MORTALITY DURING 1946.

There were 8 new cases, all Pulmonary.

5 Males aged 21, 21, 25, 29 and 65 years
3 Females aged 23, 27, and 35 years.

There were 2 deaths, both Pulmonary.

2 Females aged 24 and 29 years.

